

Colonoscopy SUPREP Bowel Prep Kit

In order for the doctor to carefully examine your bowel, you must cleanse your bowel of stool prior to the colonoscopy. Please fill your prescription for **SUPREP** several days prior to your procedure.

3 Days before Your Procedure

** If you have a history of chronic constipation, please take 2 doses (a dose is 17 grams diluted in 8 ounces of non-carbonated liquid) of Miralax (or its generic) three days prior to the procedure and then prep as instructed.

1 Day before Your Procedure

NO FOOD! You may have **CLEAR LIQUIDS ONLY**. Clear liquids consist of water, broth, tea, coffee, apple or white grape juice, Gatorade, Jell-O, and popsicles. Please avoid any clear liquids that are red or purple in color. You may not have dairy products or juices with pulp.

- Take the first dose of the Split Prep at 5 PM the evening before your colonoscopy.
- Pour one 6 ounce bottle of Suprep liquid into the mixing container.
- Add cool drinking water to the 16 ounce line on the container and mix.
- Drink ALL of the liquid in the container.
- You must drink TWO more 16 ounce containers of water within the next hour.

Drinking through a straw or sucking on hard peppermint candies may be helpful in drinking the prep.

When you have completed the first dose of SUPREP and additional water, you may resume a clear liquid diet.

** It is not uncommon to feel cold or chilled while drinking the prep**

The Day of Your Colonoscopy

Take the second dose of Suprep **FOUR HOURS** before your scheduled arrival time following the same directions as for the first dose stated above. Once you have finished drinking all of the SUPREP and the additional water required, then nothing by mouth until after your procedure. If you are having difficulty drinking the prep or are vomiting, please call the gastroenterologist on call at 781-444-6460.